

ABUNDANCE
MINDSET
Journal

This Book Belongs To

SELF CARE LOG

Week:

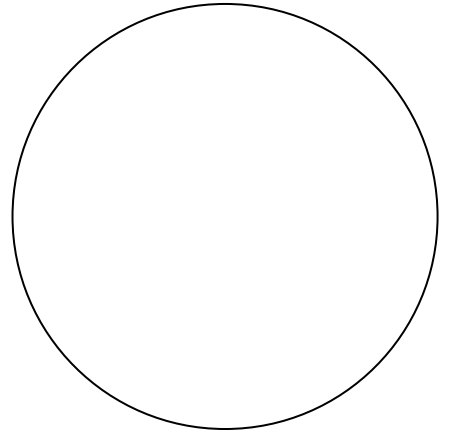
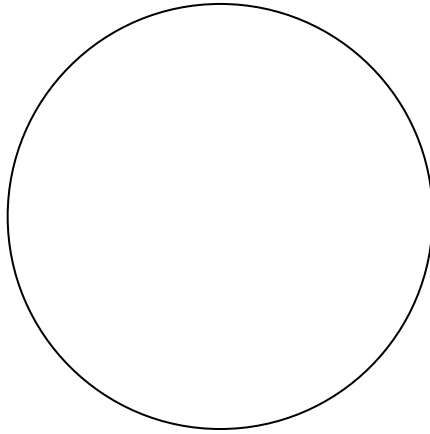
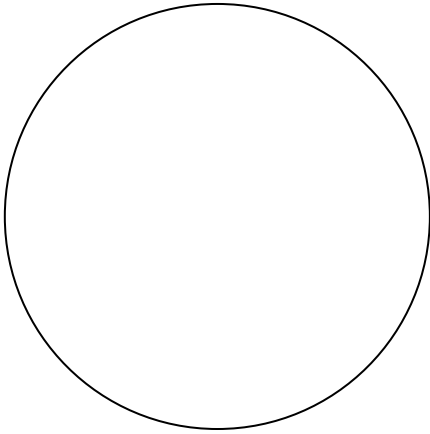
Selfcare Task	Mon	Tue	Wed	Thu	Fri	Sat	Sun

Notes

MEDICATION LOG

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POSITIVE AFFIRMATIONS



My Positive Affirmation Statement

[illegible]

REFRAME MY THOUGHTS

Negative Thought	Positive Thought
Negative Thought	Positive Thought
Negative Thought	Positive Thought
Negative Thought	Positive Thought

DAILY PLANNER

Date:

Daily Affirmation		I am Grateful For	
Schedule		Top 3 Tasks	
6 AM			
7 AM			
8 AM			
9 AM			
10 AM			
11 AM			
12 PM			
1 PM			
2 PM			
3 PM			
4 PM			
5 PM			
6 PM			
7 PM			

MEDICATION

Activity:

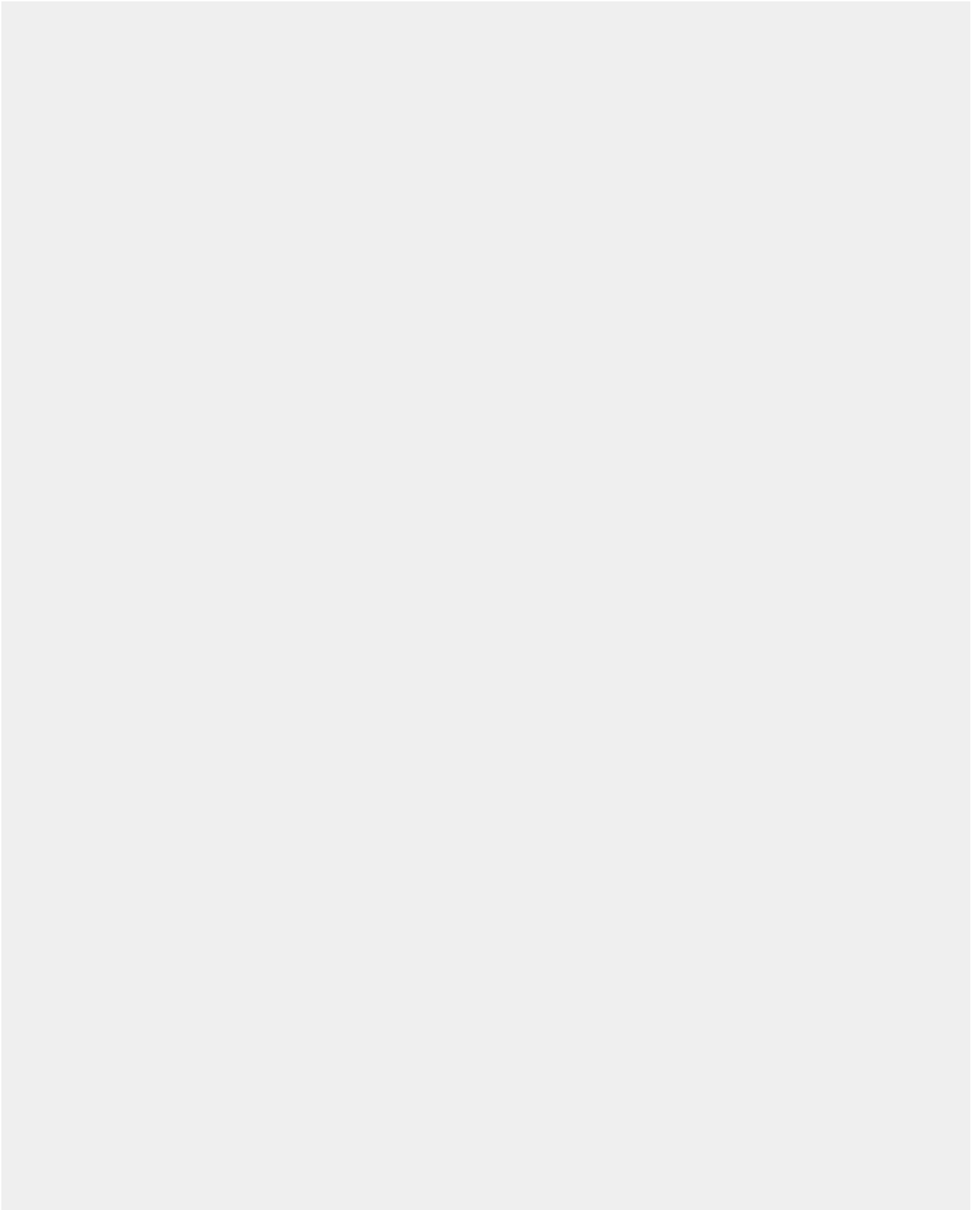
Duration:

MY MANIFESTATIONS

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INSPIRATIONS

VISION BOARD



GRATITUDE LIST

Things In Life I Am Grateful Today

Family	Health
Relationships	Mental
Finance	Career

GRATITUDE LIST

Things In Life I Am Grateful Today



Case No.	Case Name	Case Type	Case Status	Case Date	Case Time	Case Location	Case Description	Case Notes	Case Comments
1	John Doe	Medical	Open	2023-01-01	10:00	Room 101	John Doe, 45 years old, male, presented with chest pain and shortness of breath. Vital signs: BP 120/80, HR 90, RR 20, SpO2 98%.	ECG: Sinus tachycardia. CXR: Clear lungs. ABG: pH 7.38, PaCO2 40, PaO2 100, HCO3- 24.	Diagnosis: Acute coronary syndrome. Treatment: Aspirin, Nitroglycerin, Morphine.
2	Jane Smith	Medical	Closed	2023-01-02	11:30	Room 102	Jane Smith, 60 years old, female, presented with dizziness and lightheadedness. Vital signs: BP 110/70, HR 80, RR 18, SpO2 96%.	ECG: Sinus bradycardia. CXR: Clear lungs. ABG: pH 7.35, PaCO2 38, PaO2 95, HCO3- 23.	Diagnosis: Hypotension. Treatment: IV fluids, Atropine.
3	Michael Brown	Medical	Open	2023-01-03	14:00	Room 103	Michael Brown, 30 years old, male, presented with abdominal pain and nausea. Vital signs: BP 130/90, HR 100, RR 22, SpO2 97%.	ECG: Sinus tachycardia. CXR: Clear lungs. ABG: pH 7.36, PaCO2 42, PaO2 100, HCO3- 25.	Diagnosis: Acute gastritis. Treatment: PPI, Antacids.
4	Sarah Johnson	Medical	Closed	2023-01-04	16:00	Room 104	Sarah Johnson, 55 years old, female, presented with headache and blurred vision. Vital signs: BP 140/90, HR 85, RR 19, SpO2 98%.	ECG: Sinus tachycardia. CXR: Clear lungs. ABG: pH 7.37, PaCO2 40, PaO2 100, HCO3- 24.	Diagnosis: Hypertension. Treatment: IV Nitroglycerin.
5	David Wilson	Medical	Open	2023-01-05	18:00	Room 105	David Wilson, 70 years old, male, presented with confusion and disorientation. Vital signs: BP 150/100, HR 110, RR 24, SpO2 99%.	ECG: Sinus tachycardia. CXR: Clear lungs. ABG: pH 7.39, PaCO2 45, PaO2 100, HCO3- 26.	Diagnosis: Delirium. Treatment: Hydration, Oxygen.
6	Emily Davis	Medical	Closed	2023-01-06	19:00	Room 106	Emily Davis, 25 years old, female, presented with fever and chills. Vital signs: BP 120/80, HR 95, RR 20, SpO2 98%.	ECG: Sinus tachycardia. CXR: Clear lungs. ABG: pH 7.38, PaCO2 40, PaO2 100, HCO3- 24.	Diagnosis: Acute infection. Treatment: Antibiotics, Antipyretics.
7	Robert Miller	Medical	Open	2023-01-07	20:00	Room 107	Robert Miller, 65 years old, male, presented with chest pain and sweating. Vital signs: BP 130/80, HR 100, RR 22, SpO2 97%.	ECG: Sinus tachycardia. CXR: Clear lungs. ABG: pH 7.36, PaCO2 42, PaO2 100, HCO3- 25.	Diagnosis: Acute coronary syndrome. Treatment: Aspirin, Nitroglycerin, Morphine.
8	Lisa Anderson	Medical	Closed	2023-01-08	21:00	Room 108	Lisa Anderson, 40 years old, female, presented with dizziness and lightheadedness. Vital signs: BP 110/70, HR 80, RR 18, SpO2 96%.	ECG: Sinus bradycardia. CXR: Clear lungs. ABG: pH 7.35, PaCO2 38, PaO2 95, HCO3- 23.	Diagnosis: Hypotension. Treatment: IV fluids, Atropine.
9	Christopher Taylor	Medical	Open	2023-01-09	22:00	Room 109	Christopher Taylor, 50 years old, male, presented with abdominal pain and nausea. Vital signs: BP 130/90, HR 100, RR 22, SpO2 97%.	ECG: Sinus tachycardia. CXR: Clear lungs. ABG: pH 7.36, PaCO2 42, PaO2 100, HCO3- 25.	Diagnosis: Acute gastritis. Treatment: PPI, Antacids.
10	Amanda White	Medical	Closed	2023-01-10	23:00	Room 110	Amanda White, 35 years old, female, presented with headache and blurred vision. Vital signs: BP 140/90, HR 85, RR 19, SpO2 98%.	ECG: Sinus tachycardia. CXR: Clear lungs. ABG: pH 7.37, PaCO2 40, PaO2 100, HCO3- 24.	Diagnosis: Hypertension. Treatment: IV Nitroglycerin.



GOAL PLANNER

Start Date:

End Date:

My Goal

Affirmation

Action Plans

☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐

CURRENT SITUATION

Date:

My Current Situation

Concerns About My Current Situation

Things I am grateful for Despite My Situation

What Is My Desired Outcome

BUDGET PLANNER

Start Date:

End Date:

Fixed Expenses	Amount	Due Date

Variable Expenses	Amount	Did It Add Value To My Life

Saving		How I can Improve My Finance Next Month
Starting Balance		
Deposit-Week 01		
Deposit-Week 02		
Deposit-Week 03		
Deposit-Week 04		
Saving Total		
Ending Balance		

SPENDING LOG

[illegible]

INCOME TRACKER

Month:

[illegible]

ABUNDANCE TRACKER

Health

I am Grateful for

I Intend to Manifest

I Will Celebrate My Abundance by

ABUNDANCE TRACKER

Money

I am Grateful for

I Intend to Manifest

I Will Celebrate My Abundance by

ABUNDANCE TRACKER

I am Grateful for

I Intend to Manifest

I Will Celebrate My Abundance by

Date:

This image shows a single sheet of white paper with horizontal dashed lines. The lines are evenly spaced and run across the width of the page, providing a guide for handwriting practice. There are no margins, text, or other markings on the paper.